

presentations, video segments, etc.) It should reflect the safety rules presented in the article and should aim to persuade the audience to use safety procedures and demonstrate safe behaviors while in or on the water.

#### ► TEACHER RESOURCE

For younger students, the Red Cross can be an invaluable resource to teach water safety issues. The American Red Cross offers a curriculum product for students age 5 to 12 years called *Longfellow's WHALE Tales* <http://www.redcross.org/services/hss/aquatics/whale.html>.

## Fitness & Exercise

### Step into Fitness

#### OBJECTIVE

Students will be able to identify resources that will enable them to set goals and structure a plan to help them meet their goals.

#### REVIEW/DISCUSS

• Describe some of the health benefits of walking for exercise regularly. (Walking can contribute to maintaining a healthy weight. Setting goals and challenges for your walking can contribute to a feeling that you can take charge and be successful. Walking can also help a person manage stress, feel more awake and alert, and focus on the tasks they must accomplish. It can contribute to aerobic and cardiovascular fitness. Walking can also increase cardiovascular endurance, lower blood pressure, and increase HDL levels, or the so-called good cholesterol.)

- In order to contribute to aerobic and cardiovascular fitness, your walking should be maintained at a brisk pace. Describe briefly how a person can judge what a *brisk pace* is. (If you are walking at a brisk pace, your heart should be in your target zone, without being so fast that you cannot carry on a conversation.)

#### ACTIVITY

Assign students to locate Web resources that will enable them to set goals and develop a plan to help them meet their goals. Each student should locate a Web site that they feel will help them to fill these needs and print the home page of the site. They should attach a paragraph in which they describe the reasons that they feel this particular site is a valid resource and that it would be helpful. Then have them use Reproduction Master 2, "My Exercise Plan," to identify goals and meet them. **NOTE:** When you accept a site from a student, mark the date, time, and the student's name and class on it.

#### ► TEACHER RESOURCES

PE Central is an educational and fun Web site that can help you create activities that are engaging and sure to help you to get students involved and motivated. It can be found at [www.pecentral.org](http://www.pecentral.org). This site has information about resources and activities related to walking, such as the Pedometer site [www.pecentral.org/pedometry/index.html](http://www.pecentral.org/pedometry/index.html). The National Heart Lung and Blood Institute also offers many resources targeted to increasing exercise, with the result of helping people become more fit. It can be found at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

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